Worksheet for Individuals Planning International Travel

Step 1

Create an ordered list and include all areas of travel and activities of interest (such as wild game hunting, hiking, or missionary work).

a. _____

b. _____

c. _____

d. _____

What is the nature of travel?

       Work
       Leisure
       Missions
       Adoption
       Other _____

a. ___/___/____ to ___/____/___in _____
               Mo/day/yr (Country)

b.___/____/____to ___/___/____in _____

c.___/____/____to ___/___/____in _____

d.___/____/____to ___/___/____in _____

Total number of days traveling   _____

Step 2

Make an appointment with a health care provider or an International Travel Center.

Name of provider or center _____

Directions to International Travel Center_____

_____

Address _____

Telephone Number _____

Authorized International Travel Centers in Indiana are located on Indiana State Department of Health's Web site at: www.state.in.us/isdh/healthinfo/yellowfeve.htm.

All travelers who are going to a Yellow Fever endemic country must obtain the Yellow Fever Vaccine through an authorized International Travel Centers and obtain a correctly completed International Travel Immunization Certificate. Ideally, immunizations for travel should begin 6 months prior to travel. However, 4-6 weeks is generally adequate time for vaccines to be effective.

Gather all immunization records.

Step 3

Call your health insurance company.

Telephone number _____ Date_____

Spoke with_____

Ask the insurance company:

- Does my health insurance policy cover immunizations for international travel?
- Does my policy cover accidents or illness in the countries visiting?
  If so, do I need to call the insurance company before seeking medical attention?

It is not unusual for health care insurance to be invalid if used outside the U.S. Most places will demand cash before services are rendered.

Step 4

Investigate entry requirements for each country. Some countries require more documentation than a passport.

Look up travel warnings and the consular information sheets. These information sheets will give specifics about each country and will give an overall perspective of what to expect while traveling. The internet address is:
www.travel.state.gov/travel_warnings.html#s

Write down the telephone number of the U.S. Embassy in each country you plan to visit.

a._____

b._____

c._____

d._____

Step 5

Visit your health care provider or an International Travel Center to determine which protective immunizations are necessary. It will be important to be as thorough as possible to avoid illness later. These immunizations can be found at :
www.cdc.gov/travel

Be prepared to provide documentation of past immunizations. Don't forget to take your insurance card and the completed medical history questionnaire if one was provided in advance

If the travel immunization appointment is not with your health care provider, be sure to request a copy of the immunization documentation be sent to your health care provider, or hand-carry a copy out for your own records and provide a copy for your health care provider. Your health care provider should always be aware of immunization status.

If you should become ill up to a year after you return from traveling, notify your health care provider immediately and inform them that you have traveled out of the country. Usually illnesses from foreign countries will manifest themselves within 8 weeks after returning to the U.S. However, others may lie latent (non-active) in the body for months. Many illnesses are disregarded as influenza (flu) or gastroenteritis (stomach flu), when in fact they are disease or parasite related.

Step 6

There are several things not to forget when packing. This is an abbreviated list of things to remember:

- Anti-diarrhea medication (travelers' diarrhea is very common)
- Malaria pills and other daily prescriptions in well-marked bottles
- Sunscreen (at least 15SPF)
- Passport and other documents needed for travel
- List of important telephone numbers
- Health condition ID bracelet, if indicated
- Insect Repellent containing 30-35% DEET (concentration is for adults only)
- International Certificate of Vaccination (if it is an entry requirement)